The top 7 foods being laden with microplastics

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posted by Tapestry

Top 7 "Healthy" Foods Contaminated with Plastic

1. Sea Salt – Even high-quality sea salts like Celtic or Himalayan may contain ocean-borne microplastics.
Better: Sea salt from more isolated areas such as Baja, Mexico

2. Shellfish – They filter seawater constantly, and the plastic is what we eat.
Better: Wild-caught shellfish from Alaska or the Pacific Northwest

3. Fish – Farmed fish are often fed plastic-contaminated feed. Wild fish aren't safe either, they are swimming in a stew of plastic particles.
Better: Wild Alaskan salmon, black cod, or fish from cold, clean waters

4. Bottled Water – One bottle can contain over **300,000 nanoplastic particles**.
Better: Filter your tap water or choose glass-bottled mineral water

5. Honey – Bees gather pollen from flowers exposed to airborne nanoplastics.
Better: Local, raw honey from rural or wildflower-rich regions.

6. Apples & Carrots – These crops can absorb plastics from contaminated soil, irrigation, and packaging.
Better: Produce grown using regenerative practices and clean well water

7. Beer – Breweries using municipal water often brew with microplastic-contaminated supplies.
Better: Choose craft beers in glass bottles, brewed with mountain spring or well water

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Events in the UK

Gary Fraughen Free Event in Glastonbury

Date: 12 October 2025
Time: 11:00 - 15:30
Location: The Assembly Rooms Glastonbury
More info

Author and speaker Gary Fraughen has a new book coming soon. "**Jesuit Cipher and the Shadows of the Grey Pope**" is well underway and due for print in late July. Gary will be doing a free talk and book promotion event on Sunday the 12th October in Glastonbury. Subscribe to Gary's newsletter for info on the new book and free talk as its released.

https://garyfraughen.co.uk/glastonbury-free-talk-12th-october-2025

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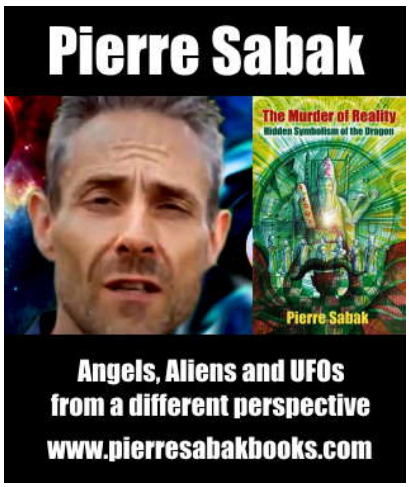

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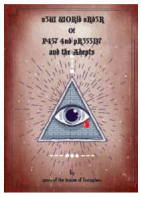

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which has arrived on a sea of contaminated blood.

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